

## Raspberry Mint Iced Green Tea

This fruity green tea is a refreshing way to quench your thirst while loading up on important antioxidants. Green tea is a very nutritious beverage choice because it is high in antioxidants called catechins that can help prevent cellular damage. Raspberries provide this drink with natural sweetness and a cancer-fighting compound called ellagitannin.



Prep time: 10 minutes      Serves: 1

### Ingredients

- 8-10 fresh or frozen raspberries
- 8 mint leaves
- 16 ounces green tea, brewed and cooled
- 1 cup ice
- 1 slice of lemon or lime

### Directions

1. Place raspberries and mint leaves in a glass and smash with a wooden spoon until berries are chunky and mint is muddled and aromatic.
2. Add ice to glass.
3. Pour brewed and cooled green tea over the top.
4. Serve with a slice of lemon or lime.